



LAVENDER MAKES YOUR MEALS EXTRA SPECIAL HERE ARE SOME FABULOUS TIPS FOR USING PUGET SOUND FRESH LAVENDER.

1. When barbecuing lamb, pork, chicken or salmon, place fresh or dried lavender flowers and stems on the coals for the last 5 minutes. The savory smoke produced adds a delicious piquante aroma and flavor to the meat.
2. Make a lavender rub for pork roast or leg of lamb by combining 2 Tbsp. fresh or dried Puget Sound Fresh lavender flowers, 1/2 Cup olive oil, 3 Tbsp. lemon juice and 3 or 4 cloves Puget Sound Fresh garlic, chopped. Slather over the meat and marinate for several hours before grilling.
3. Make a lavender honey by adding 1 Tbsp. chopped fresh or dried Puget Sound Fresh lavender flowers to 1 Cup honey. Microwave on high with 1 tsp. lemon or lime juice for 30 seconds or until it liquefies. Let steep overnight, then reheat and strain out the flowers.

Hint: a little lavender goes a long way!

From: Lavender Hills Farm, Marysville

FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS

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